

Assembly Concurrent Resolution

No. 31

**Introduced by Assembly Members Montanez and Wesson
(Coauthors: Assembly Members Cohn, Nunez, and Yee)
(Coauthor: Senator Kuehl)**

February 14, 2003

Assembly Concurrent Resolution No. 31—Relative to pupil fitness.

LEGISLATIVE COUNSEL'S DIGEST

ACR 31, as introduced, Montanez. Education: physical fitness.

This measure would express the Legislature's recognition that California schools have an obligation to provide physical education to their pupils, and would urge California schools to comply with those obligations. The measure, in addition, would make several related legislative declarations.

Fiscal committee: yes.

1 WHEREAS, There has been a dramatic increase in overweight
2 and unfit California children during the last 20 years; and

3 WHEREAS, Overweight children face an increased risk of
4 health problems, including, but not limited to, Type 2 diabetes,
5 high blood pressure, high blood lipids, asthma, sleep apnea,
6 chronic hypoxemia, early maturation, and orthopedic problems;
7 and

8 WHEREAS, Overweight children are similarly faced with
9 many psychological problems, including, but not limited to, low
10 self-esteem, poor body image, and depression; and

1 WHEREAS, Overweight children are likely to become
2 overweight adults, and are thus likely to suffer from illness during
3 their adulthood; and

4 WHEREAS, The problem of overweight children results in an
5 enormous financial burden on California as significant medical
6 and financial resources are expended in treating overweight youth
7 and adults; and

8 WHEREAS, Physical fitness plays a key role in keeping
9 children healthy by reducing their risk of becoming obese and
10 suffering from related diseases; and

11 WHEREAS, The Legislature recognizes that California schools
12 play a pivotal role in keeping children fit by complying with
13 physical fitness requirements; and

14 WHEREAS, Many California schools have failed to comply
15 with existing physical education requirements, thus exacerbating
16 the problem of overweight children; now, therefore, be it

17 *Resolved by the Assembly of the State of California, the Senate*
18 *thereof concurring,* That the Legislature recognizes the
19 importance of physical education in maintaining healthy children,
20 and urges California schools to fulfill their physical education
21 obligations; and be it further

22 *Resolved,* That the Chief Clerk of the Assembly transmit copies
23 of this resolution to the Governor and to the State Department of
24 Education and that the State Department of Education disseminate
25 this resolution to the governing board of each school district.

